

Old Fashioned Vegetable Soup

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Frozen Vegetables (mixture of carrots, potatoes, peas, green beans, corn)	6 lb		12 lb	
Onion, diced, ready to use	2 lb		4 lb	
Green pepper, diced	1 lb		2 lb	
Tomato juice, low sodium, cnd		4-48 oz cans		8-48 oz cans
Water		1 qt		2 qt
Mushrooms, canned, sliced	24 oz		48 oz	
Bay leaf		5 leaves		8 leaves

Directions

1. Combine all ingredients in large tilt skillet, stock pot or Dutch oven.
2. Bring to a boil.
3. Cover and reduce heat to simmer for 30-45 minutes.
4. Remove bay leaf before serving.
5. Serve $\frac{3}{4}$ cup of soup per person.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	68	
Total Fat	0.2 g	
Protein	3.2 g	
Carbohydrates	15.7 g	
Dietary Fiber	4 g	
Saturated Fat	NA	
Sodium	177.1 mg	

Meal Components

Vegetables	1/2 cup
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